



## November 2016 Newsletter



### Welcome to your Center for Employee Health newsletter!

We are already well into November and the holiday season is here! It is also National Diabetes Month, which is a good time to remind ourselves about the importance of taking care of our overall health, as this is a deadly disease that can often be prevented.

Our Nutritionist, Brittany Graves, has returned from maternity leave and she is here to help you with all your nutritional healthcare needs including those with Pre-Diabetes/ Diabetes. She is available to you at no-cost, if you are on the Cigna plan through the District.

Just a reminder that you do need a physician referral to see a Nutritionist; simply ask your current family doctor or specialist for a referral or come and see one of our primary care physicians at the center if you do not have a physician. Hearing that a patient is going to a Nutritionist is “music to their ears”, as it shows you are being pro-active with your healthcare.

Also, as we are hitting cold and flu season, ***if for any reason you are unable to keep a scheduled appointment at the Center, please kindly give us at least a 24 hours’ notice. (If you can give us a couple days’ notice if cancelling, that would be even more helpful.)*** We want all appointments used as there are many District members who want to come to the center.

It is nice to hear that so many are taking advantage of the medication dispensary at the Center. Just a reminder, it is important to get refills in a timely manner. Whether you get your refills at the Center or another pharmacy, don’t wait until you’re almost out. ***When you have a 2 week supply left, notify the Center so we have the time to properly and efficiently refill your prescription. Call the Center at 407-483-5757 for your refills.***

This month we are profiling our Nurse Practitioners, Julie Canada and Noel Perez. If you haven’t had the opportunity to meet them, definitely check out their profiles.

Check out the free flu shot clinics provided for all District employees. Don’t get caught without one, as this year’s vaccine is protecting you from 3 strains of the flu.

The Center will be closed for Thanksgiving so our team may enjoy the day with their families, however we have regular hours the rest of the week.

Enjoy the cooler weather and have a wonderful Thanksgiving~

Erin~

AskErin@FLHosp.org



#### MAMMO COACH DATES

- Nov. 19— SDOC Health Center
- Nov. 30— Horizon MS

#### FLU SHOT DATES

- Nov. 30— Pleasant Hill ES
- Dec. 7—East Lake ES & at the Center
- Dec. 10—SDOC Health Center

#### FOR ADDITIONAL FLU AND MAMMO DATES VISIT

[sdocemployeehealthcenter.net](http://sdocemployeehealthcenter.net)

# Diabetes 101

Written by Erin Lysik

Along with November being the start of the holiday season, it is also National Diabetes Month. It's kind of ironic to write an article about diabetes and eating healthy, when healthy habits tend to "go out the window" for many of us during the holiday season. So it's good to remind ourselves that *we are what we eat*.

Diabetes is a serious disease that can lead to heart disease, stroke, blindness, kidney failure, severe foot problems and even lower-extremity amputations. It is the 7<sup>th</sup> leading cause of death in the United States.

Diabetes is diagnosed when blood glucose (sugar) levels are consistently above the normal level. There are two types of diabetes, Type 1 which accounts for 5% of Diabetics, while *Type 2 accounts for 95%*. Meanwhile there are 86 million Americans who are pre-diabetic, and 90% don't even know it!

Type 1 Diabetes cannot be prevented. However, Type 2 Diabetes can often be prevented through healthy eating, regular physical activity and maintaining an appropriate body weight.

If you have one or more of the following risk factors, talk to your doctor about getting tested: Being overweight, being 45 years old or older, family history of Type 2 diabetes, being physically active less than 3 times a week, having gestational diabetes or giving birth to a baby who weighed more than 9 pounds.

Meeting with a registered Dietitian/Nutritionist is a great way to ensure optimum health when the diagnosis of Pre-Diabetes or Diabetes has been made. I encourage you to schedule an appointment with the Center's Nutritionist, Brittany Graves, as she is here to help with all your nutritional needs. If you are on the Cigna plan through the District, these appointments are at no-cost. Brittany can be a powerful ally to help you improve your diabetic health.

Food for thought... Do I *really* need that second piece of pumpkin pie? Probably not, and my body will thank me.

## BRITTNEY'S HEALTHY BITES

### Healthier Pumpkin Pie

#### **Ingredients:**

- ◆ 14 oz can pumpkin puree
- ◆ 14 oz firm tofu
- ◆ 6 tablespoons brown sugar
- ◆ 1 1/2 teaspoon pumpkin pie spice
- ◆ 2 tablespoons cornstarch
- ◆ 1 graham cracker pie crust

#### **Directions:**

Add all ingredients except for pie crust and place in food processor or blender, mix until well combined. Pour mixture into graham cracker crust and bake for 30 minutes.

If desired add some light cool whip and enjoy!



## What is a Nurse Practitioner?

A Nurse Practitioner is a Registered Nurse (RN) who through advanced training is qualified to provide many of the duties and responsibilities also provided by a physician.



## Meet Our Nurse Practitioners



**Noel Perez, FNP-BC, ARNP, CEN**

Noel Perez joins The Center for Employee Health as one of our Nurse Practitioners with a diverse background including Urgent Care and Cardiology. He is also board certified in Family Medicine and Emergency Medicine.

Noel found his passion for medicine as a teen after his cousin was diagnosed with an auto-immune disease. Feeling helpless as this was happening, Noel came to the conclusion that helping others was his calling.

When it comes to healthcare advice, he encourages everyone to learn to love your body and take care of it. He is also a big believer that exercise and a healthy diet will go a long way in maintaining good health.

Noel follows his own advice in his life by staying active, including walking his two dogs and biking at least 8 hours a week. He especially loves mountain biking.

If you happen to have a good joke, share it with him! He loves a good joke even if he is busy in the clinic. He knows a good laugh is a good mental break for everyone and that's no joke.



**Julie Canada, ARNP-C**

Julie earned her Masters in Nursing at Valparasio University, Indiana. She then went on to complete her doctorate studies at the University of Central Florida. Currently certified by the American Academy of Nurse Practitioners, she also holds certifications in Digital Retinal Screening, Diabetes Master Clinician, Aesthetic Medicine and D.O.T Physical Assessments.

For more information about our providers, please visit our website at [sdocemployeehealthcenter.net](http://sdocemployeehealthcenter.net) and click the tab titled "Our Team".

**831 Simpson Road, Kissimmee, FL 34744 (Next to TECO Campus)**

**Monday—Friday 7 am—7 pm, Saturday 8 am—Noon (Urgent Care Only)**

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